

POOR SLEEP: THE IMPACT ON THE HEALTH OF OUR PATIENTS

STATEMENT OF NEED

The first week in April marks **National Sleep Awareness Week**, and this year our **psychLINK™** cameras will be present to capture the highlights from the proceedings at a national conference. Over the last 12 years, surveys from the National Sleep Foundation have shown that prevalence rates of insomnia are on the increase, especially in the young. These and other studies also suggest that the impact of sleep on a person's ability to function is serious, and can include increased risk of depression, absenteeism, poor quality of life and many health problems. Despite all of these indicators that poor sleep impacts adversely on the health of our patients, other data tell us that many health professionals fail to ask their patients about their sleep habits and/or many patients are unlikely to report such problems to them. There is a need for healthcare practitioners to gain knowledge and understanding of the occurrence of and treatment options for sleep disorders. Join us for an exciting and highly educational presentation of information that healthcare professionals should know about this important clinical issue.

LEARNING OBJECTIVES

Upon completion of this activity, the participant should be able to:

- recognize normal and abnormal sleep.
- evaluate the impact of sleep on patient functioning.
- review treatments and interventions to improve outcomes.

TARGET AUDIENCE

Physicians, Pharmacists and Nurses

CE CREDIT INSTRUCTIONS AND ACCREDITATION INFORMATION

Successful completion of this CE activity (EDA #550-0904) includes the following:

- View the video presentation and review the course materials
- Complete the appropriate CE application and activity evaluation form. Excluding physicians, participants must complete the post-test.
- Submit forms to the site coordinator for processing.

In the interest of full disclosure, please be advised that commercial supporters may obtain lists of registrants for demographic purposes and internal assessment of the activity's efficacy. Participants will receive a CE statement of credit within 4 weeks following receipt of the CE application and activity evaluation form. There is no fee for participating in this activity.

PHYSICIANS: PRIMEDIA Healthcare, a division of PRIMEDIA Workplace Learning, is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. PRIMEDIA Healthcare designates this educational activity for a maximum of 1.0 hour(s) in Category 1 credit toward the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity. This CME activity was planned and produced in accordance with the ACCME Essentials.

NURSES: This activity for 1.2 contact hour(s) is provided by PRIMEDIA Healthcare, a division of PRIMEDIA Workplace Learning, which is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation. Accreditation by the American Nurses Credentialing Center's Commission on Accreditation refers to recognition of educational activities and does not imply approval or endorsement of any product.



PHARMACISTS: PRIMEDIA Healthcare, a division of PRIMEDIA Workplace Learning, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.
CPE Credit: 1.0 contact hour or 0.10 CEU(s)
Universal Program Number: 775-999-04-012-H01 (videotape)

Viewing location for this live presentation: _____

Additional dates for viewing the recorded activity: _____

Date: _____ Time(s): _____ Location: _____

Date: _____ Time(s): _____ Location: _____

WEDNESDAY,

MARCH 31, 2004

12:30 – 1:30 PM EST

Rebroadcast 3 PM EST

**On satellite and the web at
www.psychlink.com**

**For more information or
to Register your site,
please call 888.466.3250.**

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A CONVENIENT NEW WAY TO PARTICIPATE – AUDIO IS A TOLL FREE NUMBER FOR PARTICIPANTS TO DIAL IN AND LISTEN TO THE AUDIO PORTION OF THE BROADCAST. SIMPLY CALL 877.576.6599 15 MINUTES PRIOR TO THE BROADCAST. THE SYLLABUS WILL BE AVAILABLE ON LINE OR BY CONTACTING 888.466.3250 FOR A FAXED COPY. THERE IS NO NEED TO REGISTER, YOUR INFORMATION WILL BE TAKEN WHEN YOU DIAL IN ON MARCH 31ST.